

Abstract of the Disclosure

Disclosed are methods and systems for routing T-37 E-mail over an H 323 (VOIP) network. The methods and systems facilitate the obtaining and utilization of data from Gatekeepers with respect to the utilization of Gateways to be utilized to transmit the E-mail from
5 the network over a conventional telephone network to the recipient. They thereby facilitate the choice of a Gateway which is less heavily utilized.